

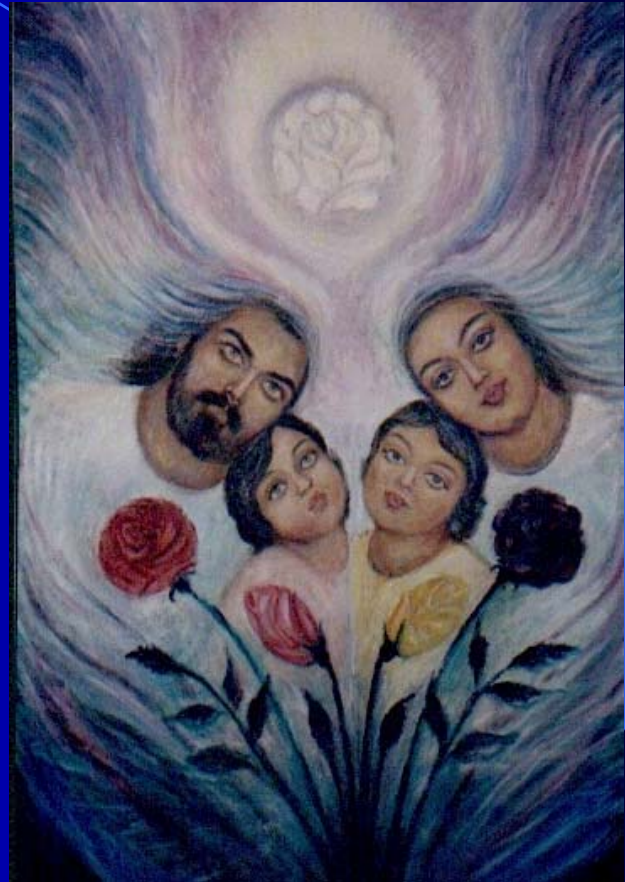
Spirituality and Recovery: Healing from the Heart

Lives Beyond Limitations

May 28-30, 2003

Lake of the Ozarks, Missouri

Healing from the Heart: A Hassidic Tale (revised)

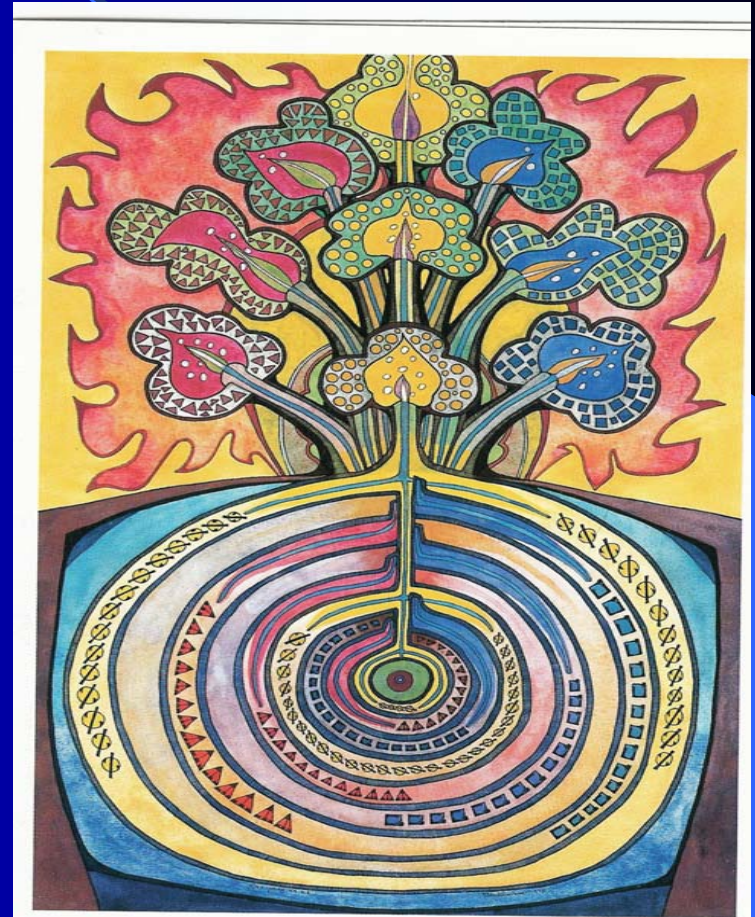


Spirituality and Religion



Wisdom of the Heart

- We are all one being
- Consciousness preceeds being
- Who we are matters more than what we do



Terms and Definitions

- **Faith** – belief in a higher power
- **Religion** – formal organized structure for expression of faith
- **Spirituality** – personal experience of faith
- **Spiritual Practices** – techniques that come from faith traditions (alternatives)
- **Mysticism** – direct experience of unity common to all religions

Why Address Spirituality?

- 50% of people seeking help approach clergy first
- Large majority (over 90%) of Americans believe in God and pray daily
- Trauma survivors often describe recovery as a spiritual transformation

Why Address Spirituality?

- Faith communities can be a major source of support
- Higher power long accepted by substance abuse community
- Increasing diversity in population

Why Address Spirituality?

- Many people use alternative healing
- Meditation and other spiritual practices are proving effective
- Data on efficacy of religion and prayer are emerging

A Few Cautions

- Clergy/spiritual guides may lack knowledge
- Broaching spirituality can be awkward
- Abuse may happen in religious contexts
- Some concepts may be triggers

Recovery: A Spiritual Issue

- Finding meaning in experience
- Anger at God
- Forgiveness (self, others, God)

Recovery: A Spiritual Issue

- Restoration of hope (faith)
- Interconnection (unity, congregation)
- Service to others

Ancient Healing Practices

- Purification (using the elements)
- Controlling mind, clearing “impressions”
- Prayer, ritual and ceremony
- Breathing practices
- Music, dance, rhythmic practices

Religion and Spiritual Practice

- Hinduism
- Buddhism
- Taoism
- Zoroastrianism
- Judaism
- Christianity
- Islam
- Native traditions
- Yoga, Dance
- Meditation, Chanting
- Tai Chi, Chi Gung
- Purification, Nature
- Kabbalah
- Contemplate, Retreat
- Zikr, Poetry, Turning
- Vision Quest, Dreams

Practices

The background is a solid dark blue. A thin, light blue curved line starts from the top left and arcs towards the right. On the right side, there is a light blue triangular shape pointing towards the center, partially overlapping the dark blue background.

A Few More Cautions

- Dissolution of ego may be unwise
- Some practices create dissociated states
- Some practices greatly heighten sensitivity
- External controlling images of God may be retraumatizing

Psychoneuroimmunology

OLD:

- Body is physical,
- emotions are mental
- The brain alone processes info and makes decisions
- Matter is what matters

NEW:

- Body and emotions are both
- The heart also processes info and makes decisions
- Energy also counts

The Power of Love

I wish I could show you
When you are lonely or in darkness
The Astonishing Light
Of your own Being.

Hafiz

Skinning Your Knees on God

Hafiz

